Good News for Homemakers

More about appetite control

By SHIRLEY W. WALTON
Extension Agent

This is Part III of a three-part article on ways to control appetites and cut calories.

1. Exercise regularly.
2. Avoid watching TV food commercials.
3. Eat fresh fruit before a meal.
4. Eat unbuttered popcorn for a snack (1 cup equals 40 calories)
5. Slice an apple instead of eating a whole one. This gives one a feeling of nibbling as one enjoys the slices.
6. Enjoy a half grapefruit for dessert while your family is eating other rich foods.
7. Simmer chicken breasts and diced onion. Season and wrap in foil or place in a baking dish. Bake until done.
8. Use plain yogurt in place of sour cream on a potato. Chopped green onions or chives may be added for flavor.
9. Drink a diet drink in place of a regular one.
10. Eat one or two bites of a good dessert instead of an entire portion.
11. Eat dry puffed wheat or rice cereals for a nutritious snack.
12. Drain fat from any grounded meat before adding other ingredients.
13. Remove fat from broths before making gravies by chilling overnight or using ice cubes for instant removal.
14. Don't get discouraged.
15. Weigh in the morning before dressing. This gives the incentive not to overeat during the day.
16. Don't buy foods that you can't resist.
17. Don't shop for food when hungry. This can cause one to over buy and to buy high calorie foods.
18. Go to a movie instead of eating out.
19. Spend money on clothing instead of desserts.
20 Exercise, run or walk with family members.
21. Cut down on intake of salt.
22. Exercise during TV commercials - - think of how many calories you will burn up in one evening's programs.
23. Measure foods.
24. Chew sugarless gum between meals or eat a breath mint.
25. Make a salad out of a diet drink and unflavored gelatin.
26. Eat at the same time each day.

If you have a homemaking question or problem, you may call 352-8244 or write P.O. Box 488, Appomattox, VA 24522.

Special Opportunity

A new Extension Homemakers club is being organized. This daytime club will meet in the Appomattox County Extension Office on March 29, 1983, at 10:00 a.m. At this meeting, the group will select a name, elect officers, and plan meeting times and programs for the year.

You are invited to join and become a member of an Extension Homemaker club. Extension sponsored programs, activities and workshops are available to all people regarless of race, color, religion, sex, age, national origin, handicap or political affiliation.

Have a good week!

RECIPE OF THE WEEK
Girl Scout Mint-Wich Pie
(Made with Little Brownie Vanilla Sandwich Cremes and Mint Cookies)
1 pkg. Little Brownie Assorted Vanilla Sandwich Cremes
⅓ cup melted butter

Firmly crush Assorted cookies. Mix with melted butter. Press into 9" pie plate.

Filling
1-9 oz. carton Cool Whip
1 small package Chocolate Instant Pudding
1 package crushed Girl Scout Mint cookies

Combine three ingredients and pour into crust. Refrigerate 2 hours before serving.

Since many of you are purchasing Girl Scout cookies now, we wish to salute all Girl Scouts and their leaders by running this good receipe.

Garden Club plans paper drive

The Appomattox Garden Club will conduct its annual paper drive Saturday, May 7. Citizens are requested to save newspapers for this collection.

Papers should be tied in bundles or packed in large grocery bags to facilitate handling.

The drive is part of the club's continuing effort to conserve scarce resources.

Mt. Airy church news

The bus will leave Mt. Airy Baptist Church on Sunday at 2 p.m. and will travel to Mt. Zion Baptist Church in Lynchburg.

On Sunday, March 27 at 7 p.m., the Appomattox County High School Chorale will be in concert at Mt. Airy. This program will be for the benefit of the Junior Choir.

On the second Sunday in April, the Love of God Gospel Singers will be in concert at Mt. Airy at 3 p.m. This program will be sponsored by the Youth Adult Choir.

On the third Sunday in April at 3 p.m., the Men's Club will celebrate their anniversary. Guest speaker will be the Rev. Winston R. Jones, who will be accompanied by one of his choirs.

On the fourth Sunday in April, the usher's Board will observe their anniversary at 7 p.m.

On the fourth Sunday in May, the Diamond Hill Men's Chorus will present a concert at Mt. Airy at 3 p.m. Proceeds will benefit the organ fund.

Let us remember to pray, and have a good week.

Jordan news

The Senior Choir will meet Friday night at 7:30 p.m. Each member is asked to be present.

Preaching service will be held Sunday morning at 11 a.m.

On Sunday evening at 6 p.m. the Gospel Harmonettes will be celebrating their 11th anniversary. Several groups have been invited to attend. For an evening of good music plan to attend.

Prayer meeting will be held Wednesday night after the fourth Sunday at 7:30 p.m.

Easter Sunrise Service will be held here the first Sunday in April at 5:30 a.m. Come start your day with us.

MRS. IRMA PAYNE, wife of the late Walter J. Payne, Sr., of Pamplin, spent her 97th birthday in the Southside Community Hospital, Farmville. She was visited by her son, Walter J. Payne, Jr., and her daughter, Doris Pflimlin of Redding, Calif., and her son-in-law, James L. Collins of Appomattox. She is still trying to make 100 years.

Ann Fletcher selected

Miss Ann W. Fletcher, age 17, daughter of Mr. Neal E. Fletcher, Jr. and Mrs. Mary Walker E. Fletcher has been selected to be a finalist in the 12th Annual Miss Virginia National Teen-ager Pageant to be held at the Lake Wright Quality Inn, Virginia Beach, on April 8, 9, and 10, 1983.

Outstanding young ladies from all over the state will compete for the title, $750 CASH, $8,000 in scholarships, and many other prizes.

Miss Fletcher is sponsored by The Allied Community Pharmacy of Rustburg, Roger Akers, pharmacist, The Farmers National Bank of Appomattox, The Rustburg Mini-Mart and her father, Mr. Neal Fletcher.

Miss National Teen-ager Pageants award more than $1,000,000 in cash and tuition scholarships and prizes annually all across the nation.

Judging is based on scholastic achievement-leadership, poise-personality, and appearance. Contestants may compete either in talent or essay competition. There is no swimsuit competition.

Miss Virginia National Teen-ager will compete in the Miss National Teen-ager Pageant in August to be televised. A state winner from all 50 states, the District of Columbia, Puerto Rico, and the Virgin Islands will be represented at the National Pageant.

Each contestant will participate in the Volunteer Community Service Program of the National Teen-ager Pageant.

Call 352-8215 if you have news!

Keep Up With The Events Of Your Home Town Every Week... Read The Times-Va. It's A Good Habit To Form!

Virginia Heart Institute
Public Lectures: Saturday, 9:15 a.m.
- New Drugs vrs. bypass surgery
- Anatomy of the Heart & Basic EKG
- Cardiopulmonary Resusitation
- Diet

Professional Seminar: April 15-16, 1983
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GET THE ANSWERS To These And Other Questions!

The Distributive Education Department at ACHS will sponsor a special class on April 11, 12, 18, 19 from 7 to 9:30 p.m. in Room 305. The cost for the class is just $10.00. Topics for the classes are listed below:

I. Modern Day Trend & Blueprint-Reading In Home Construction
II. Methods Of Present Day Financing & Economy Of Site Selection
III. The Anatomy Of A House
IV. Contracts W/General Contractor, Banks, Submen, General Suppliers

For more information or to register, fill out coupon below or call 352-5317. John McHale, Appomattox County High School, Rt. 1, Appomattox, VA 24522

NAME_____
ADDRESS_____
PHONE_____
Check The Following:
☐ Yes, I want to register for class ☐ Yes, I want more information
Enclosed is my check for $10.00, made payable to Appomattox County High School

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Plus $1.50 to $2.78 FET, depending on tire and size. No trade needed. Sale Ends April 2

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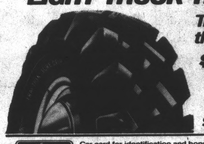

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7.00-15 blackwall TT LR C plus $3.15 FET.	7.50-16 blackwall TT LR C plus $3.84 FET.	7.50-16 blackwall TT LRD plus $3.91 FET.

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Saturday Is Your Last Day To Save. April 2

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Memorial service set

UDC meets

By MRS. MARGARET LEE

The Appomattox Chapter of the United Daughters of the Confederacy met in the home of Mrs. Lucille Ferrell on Thursday, March 17 at 2:30 p.m.

Mrs. Lucille Ferrell, president, presided at the meeting.

Pledge of allegiance to the United States flag was led by Mrs. Harriett Cunningham.

Salute to the Virginia flag was led by Mrs. Dorothy Wilkerson.

Salute to the Confederate flag was led by Mrs. Vera Moore. Mrs. Ferrell read the Ritual and Confederate prayer.

Mrs. Ferrell announced that the "Massing of the Flags" will be held at the Jefferson Davis Monument, Richmond, Virginia on June 3.

Mrs. Vera Moore presented an interesting program on "The Confederate Doctor".

In the beginning of the War Between the States about 24 surgeons resigned from the United States Medical Service and transferred to the Confederate Service.

The army medical duties were not only to take care of the sick and wounded, but hospitals had to be organized, equipped and supplied. Records had to be kept.

One of the surgeon's chief problems was the scarcity of medicine. The acute need for morphine, chloroform, ether, quinine, and alcohol became more and more serious. Also serious was the shortage of ambulances. There were only six ambulances for the whole army of Virginia.

The self-sacrifice and achievements of the thousands of medical men who gave up the relatively easy and greater financial rewards of practice in civil life for the dangers and hardships of war, was great.

Delicious refreshments were served to the group by the hostess.

Mrs. Cunningham led the group in singing "Dixie", then the meeting was adjourned.

On April 9, a Memorial Service will be held at the Confederate Cemetery in Appomattox at 1:30 p.m. The public is cordially invited.

Mrs. Mildred Moore

Oakville writer named

Mrs. Mildred Moore has been designated new writer of the Oakville community news. She replaces Mrs. Edith Hunter, who has stopped writing the news for health reasons.

Mrs. Moore and her husband, Coleman, are both natives of Appomattox County. Following 22 years living in Virginia Beach, the Moores moved back to their native Appomattox County a year and a half ago.

Mrs. Moore's husband Coleman drives for a dairy association in Charlotte County. 'He built the house we live in by himself," notes Mrs. Moore. The house was built on five acres of land adjacent to Mrs. Moore's property.

Mrs. Moore says she plans to continue the community-oriented slant of the Oakville news, which was a trademark of Mrs. Hunter's writing.

Mrs. Moore was recommended by Mrs. Hunter. "She was my first-grade teacher at the Vera School," Mrs. Moore notes.

"I remember she would get on us for saying 'ain't'," Mrs. Moore recalls. "She would make us go to the window, and spit out the word 'ain't' 100 times. It worked."

Anyone with news of the Oakville community is asked to call Mrs. Moore at 352.2452.

Miller to visit church

"In all thy ways acknowledge him, and he shall direct thy paths." Proverbs 3:6

Saturday, March 26 at 7 p.m. Minister Miller, his choir, and congregation, from Altavista, will be rendering services at the Jesus Center of Refuge and Hope.

We also would like to invite everyone to our regular service:

Sunday School - 9:30 a.m.
Sunday Morning Worship - 11 a.m.
Sunday Evening Worship - 7 p.m.
Tuesday night Bible Study - 7 p.m.
Thursday night - Praise & Prayer Service - 7 p.m.

Zion Baptist church news

I was glad when they said, "let us go into the house of the Lord."

Sunday was a bright day, and a large crowd of members and guests attended the regular preaching service at Zion Baptist Church. The Rev. Charles Lewis preached a challenge message enjoyed by all.

The Senior Usher's Board will meet Sunday at 11 a.m.

You are cordially invited to attend the bible study and prayer service held every Thursday night at Zion Baptist Church.

The Rev. Wyatt Venable will preach the sunrise service at Zion Baptist Church April 3 at 6 a.m. You are cordially invited to attend. Breakfast will be served at the church after the sunrise service. Sunday School will be held at 10 a.m., and the regular worship service will be held at 11 a.m. with the Rev. Charles Lewis in charge.

Our sick are improving slowly. We are praying for the sick and shut-in everywhere.

HASACC annual meeting set for Saturday

The annual membership meeting of the Historic Appomattox Station Arts and Crafts Center will be held this Saturday, March 26 at 2:30 p.m. in the Appomattox County Library on Church Street, Appomattox.

Individuals considering joining the organization as well as present and past members are urged to attend.

The meeting will afford those interested in joining an opportunity to discover the answers to questions they may have about membership.

Also on the agenda is the discussion of plans which the Town of Appomattox has proposed for use of the Appomattox Station; details of opening the shop; and election of officers for 1983. Members are urged to attend this important meeting. Interested non-members are also welcome!

Oakville community news notes

By MRS. MILDRED MOORE
352-2452

Our prayers are with Mrs. Lem Childress, who is a patient at the Medical Center in Lynchburg.

Our sympathy and prayers go out to the family of Mrs. Mary Fannie Phelps, who passed on Sunday.

Those visiting in the home of Mr. and Mrs. Roland Smith Sunday were Mr. and Mrs. Emmitt Daye, Mrs. Willie Mayberry, Mr. and Mrs. Curtis Moore and son of Lynchburg, and Mr. Bill Davis.

Mr. Tom Moore is a patient in Lynchburg General Hospital. We wish for him a speedy recovery.

Andersons visit

Mr. and Mrs. Dewey Anderson of Nathalie, Va., spent Saturday afternoon with Edna C. Anderson. Also visiting in that home Saturday was Mrs. Loretta C. Schwartz of Prospect.

The Raider Review

By PHIL AGEE

Two seniors, Jeff Miller and Kevin Ferguson, have recently received scholarships to play football at the University of Virginia.

Miller, an honorable mention All-State defensive end, led the defensive charge for the Raiders this year making 62 solo tackles, 60 assists, and blocking two kicks. In addition to his district and regional honors, Miller has also been selected to play in the state all-star game at U.Va.

Miller admitted that he was impressed with James Madison University, but chose to attend Virginia instead. "I felt at home in Charlottesville," explained Miller. "I liked the atmosphere and the surroundings were great. Virginia has a rebuilding football team and academically it's an excellent institution for learning."

Ferguson also chose to attend Virginia after being recruited by nearly every school in the East. "I think Georg Welsh will turn the program around at Virginia. It's also a chance for me to get early playing time," Ferguson said.

Ferguson threw 14 touchdown passes for the Raiders this year and ran for three more. He had a completion rate of 59.5 percent. Ferguson's statistics were excellent dispite the limited playing time he saw. An All-State quarterback, Ferguson has also been selected to play in the state all-star game along with Miller.

Cabaniss returns home

Neal M. Cabaniss HM1, U.S. Navy, stationed aboard the U.S.S. Richard E. Byrd, returned March 21 from a cruise to the Persian Gulf, Kenya, Spain, and other ports.

Those on the pier to meet him in Norfolk included his wife, Cindy; his children, Diane, Scott and Laura; Mr. and Mrs. Berkley Cabaniss; Karen and Lee West and boys, Michelle and Michael; and Penny and Charlie Johnson.

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